



The Dove

Grief has no time line

Newsletter of the Ridge Meadows Hospice Society

August 2009

12th Annual Vistas Run/Walk

The sign of a good event is when it keeps growing in popularity each year and that is exactly what has happened with the Vistas Run/Walk to benefit the Ridge Meadows Hospice Society. We had record participants and spectators this year.

We would like to thank Maple Ridge Chrysler for their sponsorship and support that they provided the Vistas committee. Thank you also to the Running Room, Westminster Savings Credit Union, Dan ten Brink of Remax Ridge Meadows Realty, Primetime Computers, Maple Ridge Insurance Brokers, Falcon Home and Design, Garden Hill Funeral Chapel, Westgate Flower Garden, The Paper Chase Bookkeeping Solutions, Ridge Meadows Chiroprac-

tic Society, Boileau Electric, Café Beans, GM Restaurant, Real Estate Board of Greater Vancouver Maple Ridge Pitt Meadows Division, Norco Performance Bikes, Golden Needles Embroidery and Screenprinting, The Bugel, The Times, and The News.

After five years as race director, Bob Masse is stepping down.

In recognition of the many years of dedication Bob Masse has given to this event, Moe Heffelfinger, President, presented Bob with an engraved sport watch.

This year's event raised over \$34,000 for the Hospice Society.



(above) Maple Ridge Chrysler employees at the finish line. (above right) Bob Masse received an engraved watch at the Vistas wind-up. (below right) End of the day; waiting to find out who was the lucky winner of the door prize.



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Message from the Executive Director



What does summer mean to me?

Ahh, the lazy days of summer— to take time out and relax by the lake in a comfortable lounge chair reading the latest fictional novel by your favorite author. Meanwhile, loved ones are close by, enjoying a swim in the fresh, cool water. In the distance, sounds of laughter erupt as novice water skiers shakily balance as best they can as the speed boats thrust full throttle ahead. A gentle breeze stirs and brings forth the summertime smell of charcoal briquettes burning. These are the unforgettable memories of many summers filled with good times that I was able to take part in.

I believe that self-care is an integral part of working in the hospice field. Balancing work/volunteering and play is often not as easy as it sounds. The definition of self-care is to find out what brings meaning to your life, looking after your needs, outside of your work/volunteer environment. So what does this definition of self-care have to do with the first paragraph? This is what brings meaning outside of work to my life—spending quality time with loved ones. On this note, I hope that each and every one of you takes time out this summer to practice some well-deserved self-care.

Sincerely,

Laura Cherrille

Wow!

Check out the new sign on the front of our Resource Centre!



Daisy Dollar Program

Remember to save Island Farms UPC Codes!

Ridge Meadows Hospice Society is participating in the Daisy Dollar Program, and Island Farms Dairy will give us three cents for each bar code submitted. Please cut out the UPC codes from Island Farms products, and drop them off at the office or bring them to the volunteer meetings.

If you have information or suggestions about businesses or schools that use Island Farms products, please phone the Society office and we will have our volunteer for this project contact them about supporting this fundraising effort.

Volunteers Required

We are always looking for new volunteers to help the Society carry out its Mission. There are a number of ways you could help as a volunteer.

Visiting volunteer

We have our visiting volunteers; this involves a 30 - hour training program which prepares you to visit the terminally ill in their homes, the hospital, long term care residences or in McKenney Creek Hospice.

Special events

If being with the terminally ill is not something you are comfortable with, you could help the Society with some of the special annual events that are held in support of our programs, such as the Vistas Run or the Home Show.

For more information on the training for visiting volunteers or how to become a “Friend of Hospice” please call the Society centre.

Bereavement Support Groups for 2009

Evening and Daytime

Eight week bereavement support group for adults who have experienced the death of a loved one. Day and evening groups are available. The next sessions will begin at the end of September.

Walking group

Tuesdays 10:00 a.m. – 11:15 a.m., on-going, weather permitting.

A Time To Heal

On-going support for those who have experienced the death of a loved one.

Children's Program

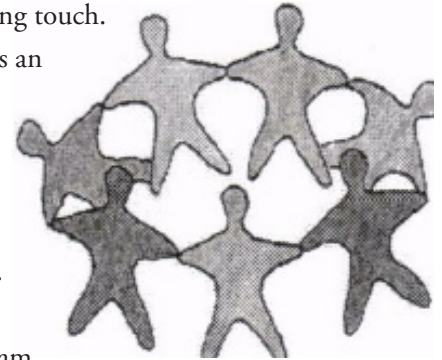
Six week program for children 6–12 years of age, who are having difficulty with the death of a loved one. Parent/ guardian group runs at the same time in an adjacent room.

Relaxation Circle

We are pleased to announce that the circle is now open to bereaved individuals, as well as palliative patients and their support persons. The Circle is provided once a week for 90 minutes, which includes relaxation approaches and soothing touch.

The Relaxation Circle provides an opportunity to experience relaxation, receive support, and to learn stress management skills that can be used to assist in coping with a life threatening illness.

If you or someone you know would be interested in this program please contact the Society centre for more details.



All groups are offered free of charge, but registration is required.

Message from the Coordinator of Bereavement Support Services



Hope everyone is enjoying the summer. Although most of the bereavement programs do not run through the summer, the Tuesday morning walking group continues to meet. The other

bereavement groups will be starting up in the fall.

In June, I provided one-on-one bereavement support training to four of our volunteers, welcome aboard!

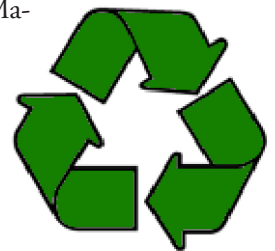
I have volunteered to work with Langley Hospice Society in their Children's program for the summer which means planning and assisting with day camps and at the end of August a 4-day sleep over camp. I am very excited as I will then be able to bring back the ideas to our side of the river.

Sincerely,

Yvonne Dion

Reduce – Reuse – Recycle

Ridge Meadows Hospice Society is pleased to announce that we have set up an account with Maple Ridge Bottle Depot. If you are returning your bottles to this depot and would like to donate your refund to the Society, just ask the Depot staff to add the deposit to the account of Ridge Meadows Hospice Society. Your support in this way is greatly appreciated and so easy to do.



Maple Ridge Bottle Depot

#15 – 20475 Lougheed Highway, Maple Ridge

Hours of operation: Mon – Sat 9-6, Sun – 11-5

Remember you can also be environment friendly by providing us with your e-mail address so we can send you our newsletter and save some trees.

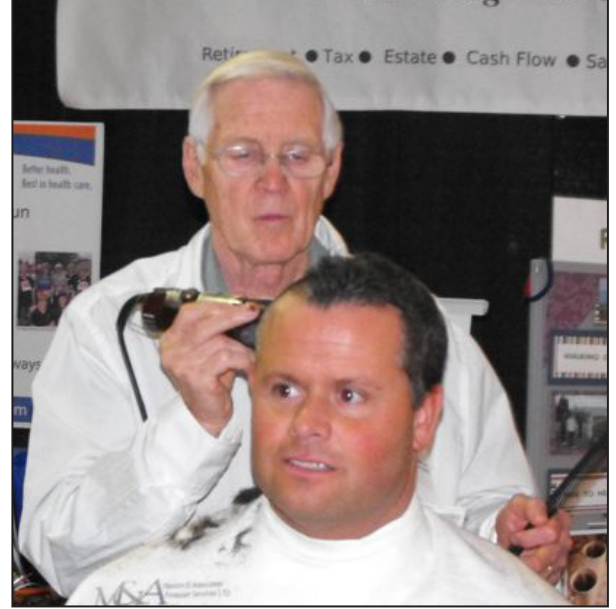
Recent Events

Head Shave at The Home Show



Board member Allen LaRose shaves off the hair of Moe Heffelfinger, President of Ridge Meadows Hospice Society.

The Ridge Meadows Hospice Society wishes to express their gratitude to Allen LaRose for organizing this year's *Head Shave at The Home Show*. Also thank you to Manion and Associates, all the hairdressers and barbers, the local firefighters and all the oth-



Roy Dyke shaves the head of Kristain Manion. All for a good cause!

er volunteers who gave so generously of their time. This event raised over \$8,000 for both the Ridge Meadows Hospice Society and the Ridge Meadows Hospital Foundation.

McHappy Days

On this special day, McDonald's restaurants invites local entertainers, sports figures, politicians, media representatives, friends and families to work in restaurants alongside McDonald's crew and franchisees, creating a special community event and unique fundraising initiative.

This year our Executive Director, Laura Cherrille was invited to help at the McDonald's located at 228th Street and Lougheed Highway. Laura's participation was a way for her to thank the Ronald McDonald House Charities for the generous grant we were awarded in 2008 allowing the Society to begin a bereavement support group for children.



Laura Cherrille, Executive Director and Alexis, Office Administrator with McDonalds at McHappy Days.

Volunteer Appreciation Evening

On June 16 the staff hosted a special evening for all the volunteers to say thank you for all that they do throughout the year.

The Coordinator of Volunteers, Lindsey Willis, did a wonderful job of chairing this event and was able to arrange for the use of the Lava Steakhouse to hold this appreciation dinner.

The volunteers were treated to musical selections by "ROCA", and the guests were served a wonderful assortment of appetizers and desserts. The evening ended with entertainment by an improv comedy group called "Ham Awry".

The evening was a great success and enjoyed by all the volunteers who attended.



*(above) Ham Awry, the improv comedy group.
(right) Special recognition was given to three volunteers who gave 500 or more hours in 2008-2009: Sandy Stewart, Moe Heffelfinger, and Dennis Wiginton.*

Upcoming Events

Annual General Meeting

Please mark your calendars!

Ridge Meadows Hospice Society Annual General Meeting will be on Tuesday, October 6, 2009 at 7:00 p.m. in the Fraser Room at the Maple Ridge Library. All members in good standing are eligible to vote at the AGM.

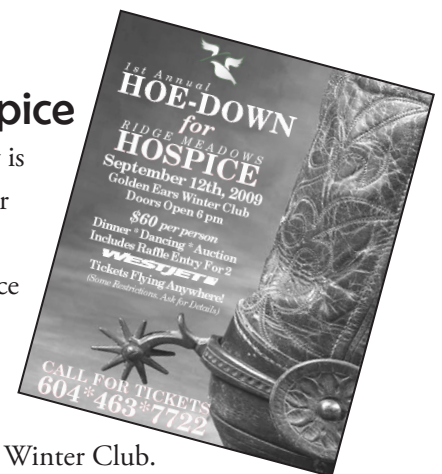
The Society is planning to have all reports available for viewing on the website prior to the AGM.

Hoe Down for Hospice

Ridge Meadows Hospice Society is hosting a Western themed dinner and dance to raise funds for the purchase of a permanent Resource Centre.

This action packed evening will be held Saturday, September 12, 2009 at the Golden Ears Winter Club. Doors open at 6:00 p.m. Dinner includes ribs, chicken, salads, buns and dessert. Music will be provided by the band "The Blooze Brewing Company". A silent auction will be held.

Tickets are \$60 and each ticket will be entered into a draw for a chance to win a pair of air tickets from WestJet (valued at \$4600). You can purchase tickets by calling the Society office at 604.463.7722.



Ways to Consider Donating

- One-time gift
- Monthly gift – This is an easy, effortless, effective way to support the Ridge Meadows Society.
- Leaving a Legacy – Make a gift through a will or other gift planning instrument.
- CanadaHelps – CanadaHelps is an online fundraising organization that benefits Canadian charities and is now available through our website. All donors need to do is visit our website www.ridgemeanowshospicesociety.com and click on the “You Can Help” tab then click on the CanadaHelps.org logo. You will be guided on the steps to make your donation and then you will receive a tax receipt mailed to you directly from CanadaHelps. This is a secure system that is being used by over 6,000 Canadian Charities.
- Visa – We are also pleased to announce that we now have the system in place to accept donations using any Visa card. Simply call the Resource Centre and say you would like to make a donation on your Visa. The transaction will be processed right then and you will receive a thank you letter and tax receipt in the mail.



In Memoriam Donations

April 2009 – July 2009

Tony Beecroft, Norm Billsberger, Esme Lewthwaite, John Leeburn, Diane Lorimer, Joan McKenzie, Heather Oakley, Susan Richardet

Thank You

Thank you to all who support the Society throughout the year. We would like to acknowledge the following for their recent support:

First Memorial Funeral Services, Burkeview Chapel

presented the RMHS with a donation that was made possible from the sale of literature at this year's Teleconference.



Laura Cherrille, Danny Steele, Assistant Manager for Burkeview Chapel, and Yvonne Dion

Thank you to the **Ladies Auxiliary, Royal Canadian Legion, Branch 88**, for their recent generous donation of \$1000.

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Mission Statement

To provide compassion, support and care to patients and loved ones dealing with end of life experience, grief and mourning.

Board of Directors

Moe Heffelfinger	<i>President</i>
Lindsay Norcross	<i>Vice-President</i>
Agneta Eikelenboom	<i>Treasurer</i>
Teresa McWilliams	<i>Secretary</i>
Juanita Fleming	Denise Gunn
Alma Jones	Allen LaRose
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Staff

Laura Cherrille	<i>Executive Director</i>
Yvonne Dion	<i>Coordinator of Bereavement Support Services</i>
Lindsey Willis	<i>Coordinator of Volunteers</i>
Dawn Burnett	<i>Office Assistant</i>